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Cooking

UNITED STATES DEPARTMENT OF AGRICULTURE
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# PINTO AND GREAT NORTHERN BEANS ARE A VALUABLE FOOD

Both the Pinto and the Great Northern bean belong to the group of common kidney beans (Phaseolus vulgaris). The Pinto bean is dark in color and the Great Northern is light, resembling the navy bean in appearance and composition.

Like other beans these two varieties are cheap sources of energy. The large amount of plant protein they contain, and their iron, phosphorus, and calcium content make them a valuable addition to the diet at any time. They also provide vitamin $B_1$ (thiamin) and vitamin G (riboflavin), and are, therefore, especially desirable in inexpensive diets of limited variety which may be low in these vitamins.

## RECIPES USING PINTO AND GREAT NORTHERN BEANS

Pinto and Great Northern beans may be prepared in the same ways as the more familiar navy beans. They are good in soups, as the main dish of the meal, and in salads. They are especially good combined with salt pork, tomatoes, or onions.

### Soup with Pinto or Great Northern Beans

1 cup dried beans
2 cups water
2 ounces salt pork, 1/4 cup diced
1/4 cup chopped onion
Salt
Pepper

Wash the beans well, and soak overnight in water to cover. In the morning add 2 cups more water, cook the beans until tender, and put them through a sieve or colander. Fry the diced salt pork until crisp, remove from the fat, and add to the bean pulp. Brown the onion in the salt pork fat; stir into the bean pulp. Add hot water to give the proper consistency, and salt and pepper to taste. Serve very hot.

If available, 1/2 cup of chopped peanuts may be added for variation and extra food value. Or pour this soup over toast covered with sliced browned onions, and sprinkle a little grated cheese over the top.

## Boiled Pinto or Great Northern Beans

2 cups dried beans
2 cups water
1/4 pound salt pork
Salt
Pepper

Wash the beans well, and soak overnight in water to cover. In the morning add 2 cups more water, the salt pork, and salt and pepper. Simmer for an hour, or until the beans are tender. Add more water if needed.

## Scalloped Pinto or Great Northern Beans

2 cups dried beans
2 cups water
1/4 pound salt pork 1/2 cup diced
2 medium-sized onions, chopped
4 tablespoons flour
Salt
Pepper
1/2 cup bread crumbs

Wash the beans well, and soak overnight in water to cover. In the morning add 2 cups more water, and cook until tender. Fry the salt pork until crisp, remove from the fat, and add to the beans. Brown the onions in the salt pork fat, and add both to the beans. Mix the flour with a little cold water, and add to the beans. Add salt and pepper to taste, and put the mixture in a greased baking dish. Sprinkle the bread crumbs over the top. Bake in a moderately hot oven for about 20 minutes, or until the crumbs are brown. Serve from the baking dish.

## Baked Pinto or Great Northern Beans

2 cups dried beans
2 cups water
1/4 pound salt pork, 1/2 cup diced
2 tablespoons chopped onion
1 tablespoon molasses, or sorghum sirup
(1 teaspoon mustard, if desired)
Salt to taste

Wash the beans well, and soak overnight in water to cover. In the morning add 2 cups more water, and cook until almost tender. Score the rind of the salt pork, put half of the pork with the onion in the bottom of the bean pot, and add the beans. Mix the molasses or sorghum sirup, and other seasonings with a little hot water, and pour over the beans. Add just enough more water to cover. Place the rest of the salt pork on top, cover the pot, and bake the beans very slowly for several hours. Add a little hot water from time to time to replace that which cooks away or is absorbed by the beans. Keep the lid on the bean pot until the last hour of cooking. Then uncover and allow the beans and pork on top to brown.

Left-over baked beans make a very good sandwich filling, especially if seasoned with a little catsup, chili sauce, chopped pickle, or salad dressing.

## Hopping John with Pinto or Great Northern Beans

1 cup dried beans
2 cups water
2 ounces salt pork, 1/4 cup diced
1/4 cup chopped onion
1 cup cooked rice
Salt
Pepper

Wash the beans well, and soak overnight in water to cover. In the morning add 2 cups more water, and cook until tender. Fry the salt potk until crisp, remove from the fat, and add to the beans. Brown the onion in the salt pork fat. Mix all the ingredients, and add salt and pepper to taste. Continue cooking for 10 minutes, and serve at once.

For variety, serve with catsup or tomato sauce.

## Pinto or Great Northern Beans with Ground Beef

2 cups cooked beans
1/4 pound salt pork, 1/2 cup diced
1/4 cup chopped onion
1/2 pound ground lean beef
2 cups tomatoes
Salt
Pepper

Fry the salt pork until crisp, remove from the fat, and add to the beans. Then brown the onion in the salt pork fat, add the beef, stir, and cook slowly for 5 minutes. Combine all the ingredients, add salt and pepper to taste, and simmer until the meat is tender and the flavors well blended.

For variety, a little dry mustard mixed with a small quantity of water may be added. One tablespoon of chili powder may be used if desired; in this case omit pepper.

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